

SHOOTING

SOT: Hi I'm Wendel Clark, and I'm here to show you guys some hockey tips. Ready, guys? (music)

Shooting the puck. The key to shooting the puck is getting it away as quick as you can, as accurately as you can.

It's not always about how hard you can shoot.

The big thing about practice is taking lots of shots, and you'll perfect the shot in your own style.

So wherever you stop it, shoot it from there. Like, step into it from there.

Everybody has a different style of shooting, and you shoot in a hockey game off front foot, back foot.

Now try to end on your front foot. So on your side foot and on your front foot.

Good job.

You're just trying to bring your stick off, and you're gonna get away. That's it.

I'm going to throw you a backhand, you're going to catch it in your backhand, so you're going to get it, bring it to the front, and shoot.

My hands aren't even wide apart, see there's no wasted time.

So you get it, puck in front of you, just shoot.

In a hockey game, you're never in a perfect position to shoot.

So it isn't all about how hard you shoot the puck - it's about getting the puck away, and getting it away accurately.

(National Sport: Raise your game)

SKATING

SOT: Hi I'm Wendel Clark, and I'm here to show you guys some hockey tips. Ready, guys? (music)

Let's talk about skating. One thing about skating is everybody's got a different style of skating.

But the biggest and best thing to remember is keep your knees bent while you're skating.

When you're skating, the more your knees bent, if you have straight legs, your stride's that long, so the more you bend your knee, the longer your stride gets.

You're faster, you're more agile, and you're ready to play hockey, when your knees are bent.

When they're straight, you're standing still. And when you're standing still when you get the puck, you seem slower.

So if you can be moving when you get the puck, you'll seem a little quicker, a little faster.

Keep your knees bent when you're skating, you'll be a quicker skater.

(National Sport: Raise your game)

BODY CHECKING

SOT: Hi I'm Wendel Clark, and I'm here to show you guys some hockey tips. Ready, guys? (music)

Hitting and receiving a hit. The big thing about receiving a hit is not leaving yourself away from the boards when you know somebody's coming to make a hit. If you're away from the boards, you get into the boards, you're actually getting hit twice. Once by the guy who hits you, and once when you hit the boards, so it's going to hurt more.

So if you know you're going to get hit, get yourself against the boards, it protects yourself, he'll hit you, he'll fall back, you won't even feel the hit.

Just because we're dressed like Gladiators today, doesn't mean we have to hit recklessly at the head.

When hitting, you want to hit the person in the chest area.

That way, you can remove the person from the puck a lot easier, and get the puck, and you can be able to play the puck.

No use going at the head. It's a penalty and it injures people.

(National Sport: Raise your game)

STICK-HANDLING

SOT: Hi I'm Wendel Clark, and I'm here to show you guys some hockey tips. Ready, guys? (music)

One technique with stick-handling you can do at home with a ball, with a puck on piece of plywood or plastic, or on the driveway or in the rink, is you put your hockey gloves down in front of you and just stickhandle and pretend and learn how to handle the puck and just get a good feel of the object or the puck.

Keep your feet stationary... you'll notice the hands, they go from together, wide apart, together, throw in a stick-handle.

When stick-handling the puck, the stick is not held as hard as you can grip it, the best way to hold it is lightly with good feel in your hands, not squeezing it as hard as you can. You can always move the gloves to go in a different position.

So you go up and down, moving your hands everywhere when you're stick-handling. You're not one-dimensional body stiff, your hands, everything's got to work separate from your body.

(National Sport: Raise your game)